



LEHI LEGACY CENTER SLIM TO WIN 2012

Lehi's weight loss contest.

The Slim to Win contest is a weight-loss contest designed to improve the overall health of the participating contestant. The Slim to Win contest will last for six months beginning in February and continuing until the final weigh-in and body composition test on Saturday, August 4th. A six-month membership commitment is required to enter the contest. The Slim to Win contest will include nutritional information along with weekly team workouts with 'their' personal trainer and a team colored shirt.

Prizes will be awarded to the top 'loser' of both weight/body composition percentage. Rules and introduction of each team's personal trainer will be announced on Saturday, February 4th at 9 am. The first Saturday of each month during the contest, there will be mandatory weigh-in and body composition test at 9 am.



Get Healthy, Lehi!



Applications are being accepted now!

×QUICK FACTS

- WhatWeight Loss Contest
- WhereLehi Legacy Center
- WhenApplications due before Jan 21st @ Legacy's Health Fair
- WhoAnyone with a BMI greater than 30 and 50lbs over weight.
- Fee\$150 and a commitment to a 6 month membership @ the Legacy Center.

Number of Classes- weekly workouts w/ trainer and monthly weight ins. Includes team shirts and a prize given to top "Loser" in weight and body fat %. Applications can be picked up at the front desk or downloaded at www.lehi-ut.gov

INFORMATION

- Start Date Feb 4th – 1st weigh-in- Sat @ 9am
- End Date Aug 4th – Last weigh-in-Sat @9am
- Register in person at the Registration office @ the Lehi Legacy center.
- Sponsors needed – Please!

SLIM to WIN



Lehi Legacy Center
123 N Center St.
801-768-7124



www.lehi-ut.gov/legacycenter



Post until 2/4/12